

GOAL SETTING

What do you believe is a realistic and healthy goal for you? Use the SMART goal setting model to help establish your short term and long term goals. Re-evaluate your goals at regular intervals to ensure they are still applicable. Briefly reviewing your goals daily is a useful strategy to help you stay on track. It is also important to develop a strategy for recovery if you happen to deviate from your plan.

Complete the goal statement below and post it in a visible place so you are always mindful of your goals. Share your goals with someone for support and accountability. And know that it is always a possibility to establish new and different goals as you progress.

Tip: Focus on one or two goals at a time, any more than that may be overwhelming.

S – Specific

M - Measurable

A - Attainable

R – Realistic

T - Timely

MY GOAL COMMITMENT

I confidently expect to _____ by _____ and
then _____ by _____.

I plan to accomplish my goal(s) by taking the following action:

YOUR WHY

Get clarity on WHY your goals are important and WHAT you need to do. Your “what” only has power when you are grounded in your “why”. It is your “why” that will help you change the way you live. As soon as you forget your “why” you will slip back into your old ways. What you do is important and why you do it even more so. KNOW YOUR WHY.